



## CERTAINE PHILOSOPHICAL Preparations of Foode and Beuerage for Sea-men, in their long voyages : with some necessary, approued, and Her- meticall medicines: and Antidotes, fit to be had in readinesse at sea, for prevention or cure of diuers diseases.



Nd first for Foods. A cheape, fresh and lasting vichall, called by the name of *Masareni* amongst the Italiens, and not vnlake (tis onely in forme) to the *Cafes* in *Babery*, may be vpon reasonable warning prouided in any sufficient quantity, to serue either for change and variety of meat, or in the want of fresh vichall. With this, the Author furnished Sir *François Drak* and Sir *John Hawkes*, in their last voyage.

3 Any broth or *Clafer*, that will stand cleare and liquid, and not gelis or grow thickke when it is cold, may also be prouided by this tyme of Nature from all mouldyndesse, fowrenesse, or corruption, so any reasonable period of time that halbe defred. A necessary feare for all sickes and weaks persones at sea, when no fresh meat can be had, to strengthen or comfort them.

Now for Beuerage: All the water, which to that purpose shall bee thought needfull to be carried to sea, will bee warranted to laie sweetes, good, and without any incantion to putrefaction, for 2., or 4 regres together. This is performed by a Philosophical fire, being of a sympathetickall nature with all plants and Animals. In the space of one moneth, the Author wil prepare so many Tunnes thereof, as shall be reasonably required at his hands.

4 By that meane also both Wine, Parris, Beere, Ale, and Vineger, may be safely kept at sea, for any long voyage, without feare of growing dead, iowre or miftis.

5 And, for his Medicines, if any Nobleman, Gentleman, or Marchein, shall by his Phyfition be aduised to carry any speciall distilled waters, decoctiones, or iuyces of any plant or any other liquid vegetable or animall body whatsoever with him in any long voyage, this Author wil to prepare the same, onely by fortifying it with his owne fire of thid, that he may be assured of the laiting and durablis thereof, sune as his owne pleasure.

6 Here I may not omit the preparation of the iuye of Lemons with this fire: because it hath of late beene found by that worthy Knight Sir *Iames Lancaster* to be an affird remedy in the Scurby. And though their iuye will, by natural working and fermenting, in the end be fixtificate in halfe, as that is will keepe and laft either simply of it selfe, or by the halfe of a fewes olives oyle *Imperata*: yet this Author is not ignorant, that it hath lost much of his first manifist nature, which it had whilst it was contained within his owne pulp and fruit: (as is evident in the like example of wine, after it hath wroughte long, which differre exceedingly both in taste and nature from the grape out of which it was exprefed) whereau being strengthened with this philosophicall fire, it remayneth still both the natural taste, raze, and verdure, that it had in the firſt excretion: and ſo likewiſe of the Orange.

7 There is alſo a ſpecificall powder for Agues *Rastridore*, and *Torment*: and ſometimes it helpeth *Quartans*. Halfe a drame is ſufficient for a man: and a quater of a drame for a child. It is taken in white Wine, Beere, or Ale. It curreth ſometimes at the firſt taking, often at the ſecond, and ſeldom or never faileth at the third time. It is not offensive to the taste. It expellith the difeafe, without any conuentione or weakening of the Patient.

8 A fewes Puffes, for the head-ache: which auerouſly giuee eas in one houre ſpace, either vpon the ſeafon ſummetaking, becauſe it is ſpecificall. The doſe is the weight of a ſpoonfull.

9 A full general & gentle purging Powder, ſubtilitati in white wine, working ſilily without any convulſion, or other offence to

the stomacke. It is pleafeare, and hath not any common or known purgative therein. It weakeneth not the Patient, neither doth the body grow coliane after it: which is vinal in moft of the common purgatives. There have been fo many trials made vpon all sorte of complexions with this powder, as that it may well defende the name of a generall purge: yet I can leauſt commend it in Cholerick bodies. The doſe is two drameſnes and an halfe at a time. This being taken in warme weather for three dayes together, in the Spring and Fall, will prevent both the Gowze and Dropſe, and moft of those diſeases that ſpring from rheumaticke cauſes: and if it cure them in eight or ten dayes, take it for advantage. It curreth the Pockes nevēr taken in ſix or ſix dayes: and in nine or twelve dayes, at the moſt, it curreth a deepe rooted Pocke.

10 And if the plague, burning Feuer, or small Pockes, Mætaz happen to infect any of the Souldiers or Mariners, or others in the ſhip: than if, within fixe or eight hours after infection, a doſe of my Antidote powder (whereof eight graineſnes are ſufficient) be taken, it commonly preuenches the rage and violence of the Plague, by ſuſtaining the poſſon, ſoldiernes ſuffering any ſore to arife: and it diſperſeth and conqueſteth the maſter of the ſmall Pockes and Mætaz whereby in a few hours it vaniſheth, without making the Patient heart-dike. And in the cure of any kind of poſſon, no Vinaigrette horne, no *Zinger* floures, no *Terra Limenta* or diptole, no Mitridate &c. is able to match the fame, though taken in a double proportion. It is an excellent remedie againſt ſwouning, or any ſolaine passion of the heart.

11 There is alſo a medicine, which I will command for the ſea (being a notable astringent powder) which ſtayeth any flux of blood in a ſhort time, and often curreth the Piles and Emboſſides.

12 The Effences of spices and flowers (as of Cinnamon, Cloves, Mace, Nutmeggs, Rosemary, Sage, &c.) being in the forme of powders, may with leſſe danger be carried at ſea, are more ſafe to be mixt and incorporated with Syrups, ſhipps or Conſerves, are more pleaſing to nature, and are more familiarly taken, and with better ſuccesse then the chymicall oy lethamſenes, drawn by limebecke: their effects are unſwerable to the nature of the oydes.

This much am I bold to offer and publike for the benefit of ſeafaring men, who for the moſt part are deſtitute both of learned Phyſitions and ſkilfull Apothecaries: and therefore haue more need then other to ſay their owne definitions and medicines about them. Which if it ſhall receave entertainmente according to the worth thereof and my iulf expetation, I may happily be encouraged to priue a little further into Natures Cabinet, and to diſpouſe ſome of her moſt ſacred Jewels, which the haſt long time ſo carefullie kept, only for the vfe of her deare children: otherwise, finding no ſpeedy or good acceptance of this my proffer (but rather critized by malice or incrediblity) I doe here firſt and enſure my ſelfe from mine owne faynes: purpoſing to content my ſpirites, with ſuch priuies and pleaſing praſties, as may beſte ſort with my place and digeſtione, and in likelihoođe prooue alio more profitible in the endes, then if I had thankfullie denoued my ſelfe to *Thomas Pardison*, in which cauſe, happy men are ſometimes rewardid with good wordes: but few or none, in thiſe dayes, with any reall recompence.

*Ut Deum per Naturam, sic Natura per  
ignem Philosophicum.*

H. P. Miles.